Pregnant women can experience a variety of health problems, including:

Anemia

A lower than normal number of healthy red blood cells that can cause tiredness, weakness, paleness, and shortness of breath

Depression

Extreme sadness that can interfere with daily life and may last for weeks or months

Ectopic pregnancy

A fertilized egg implants outside of the uterus, usually in the fallopian tube, and can cause abdominal pain, shoulder pain, vaginal bleeding, and dizziness or fainting

Fetal problems

The unborn baby has a health issue, such as poor growth or heart problems

High blood pressure

Also called hypertension, this can put extra stress on your heart and kidneys and can lead to heart disease, kidney disease, and stroke

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Piles

Swellings containing enlarged blood vessels inside or around the bottom that can cause itching, aching, soreness, or swelling around your anus

Amniotic fluid complications

Too much or too little amniotic fluid can be a sign of a problem with the pregnancy

Other health problems that can occur during pregnancy include:

Anxiety, Diabetes, Heart conditions, Gestational diabetes, Infections, Hyperemesis gravidarum, Miscarriage, Preeclampsia, and Severe, persistent nausea and vomiting.

To decrease the risk of complications, you can:

- Get early and regular prenatal care
- Get vaccines and vaccine boosters for chicken pox and rubella
- Get some vaccines, such as the flu shot, while you are pregnant

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Lactating mothers can face a number of problems, including:

Nipple pain

Sore nipples can be caused by poor feeding techniques, the baby's position, dry skin, or synthetic bras. Nipple pain can also be a sign of a fungal infection, such as thrush, which can cause sore nipples that last more than a few days.

Breast engorgement

Breasts may feel full and hard, and can be painful. This can be caused by a backup in blood vessels, stress, or anxiety.

Low milk supply

There may not be enough milk to meet the baby's needs.

Tongue-tie

A short frenulum, or the strip of skin that attaches the tongue to the bottom of the mouth, can make it difficult for a baby to breastfeed.

Breast abscess

A complication of mastitis that causes the infected area of the breast to become purulent.

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Nursing strike

The baby may suddenly refuse to breastfeed after breastfeeding well for months.

Exhaustion

Caring for a newborn can be tiring, and breastfeeding may feel harder when you are exhausted.

Feelings of sadness or depression

These feelings may come with being a new mom.

Other problems include nipple vasospasm, blocked ducts, galactoceles, and mastitis.

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Infants can experience many problems, including:

- **Skin problems**: Common skin problems include dry, blotchy skin, diaper rash, cradle cap, heat rash, and rashes and inflammation of the sebaceous glands.
- **Bowel function**: Babies should have their first bowel movement within the first 24 hours.
- **Colic**: Colic is when a baby cries more than three hours a day, at around the same time, more than three days a week for more than three weeks.
- **Ear infections**: Symptoms include tugging at ears, refusing to lie flat, and crying more than usual.
- **Oral thrush**: A yeast infection that causes white lesions on the tongue or inner cheeks.
- **Allergies**: Symptoms include rashes, hives, itchy eyes, and swelling.

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- **Umbilical cord problems**: The umbilical cord should fall off between 10 days and three weeks. If the cord turns red, gives off an odor, or bleeds, seek medical attention.
- **Umbilical hernia**: If the umbilical cord area seems to push outward when the baby cries, the baby may have an umbilical hernia.
- **Granuloma**: If the umbilical cord doesn't completely dry, it may form a granuloma, which is a small, reddened mass of scar tissue that drains a light-yellowish fluid.

Many problems that infants experience are not serious. However, it is important to know how to help a sick baby, and to know the warning signs for more serious problems.

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